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TIP

One way to give eye drops to children

Getting drops into a child's eyes can be a problem. I try to smooth the way by announcing that the drops come in two flavors: chocolate and cherry. Once the child has made his choice, I ask him to tilt back his head, open his eyes and mouth, then to look toward the floor. While he's waiting to taste the flavor, I gently retract both upper lids and put the drops where they belong. Because the child doesn't see the drops coming, he's in no position to protest. And when you ask, "What flavor do you taste?" he'll probably answer with the flavor he chose when you started the game.

—Lawrence L. Garner, M.D.
Milwaukee

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